

WORKOUT 5

As many reps as possible in 10 minutes of:

50-foot dumbbell walking lunge
2-4-6-8-10, etc. strict handstand push-ups

♀ 35-lb (15 kg) dumbbells
♂ 50-lb (22.5 kg) dumbbells

Time cap: 10 minutes

WORKOUT VARIATIONS

16-54 age-group divisions:

♀ 35-lb (15 kg) dumbbells
♂ 50-lb (22.5 kg) dumbbells

14-15 age-group divisions:

♀ 20-lb (10 kg) dumbbells
♂ 35-lb (15 kg) dumbbells

55-59 age-group division:

♀ 20-lb (10 kg) dumbbells
♂ 35-lb (15 kg) dumbbells

60-64 age-group division:

♀ 20-lb (10 kg) dumbbells, 2-inch riser on handstand push-ups
♂ 35-lb (15 kg) dumbbells, no riser

65+ age-group divisions:

♀ 20-lb (10 kg) dumbbells, 2-inch riser on handstand push-ups
♂ 35-lb (15 kg) dumbbells, 2-inch riser on handstand push-ups

QUICK START

- Start standing tall behind the start line for the 25-foot lunge section.
- At “go,” with both feet behind the line, pick up the dumbbells and begin lunging.
 - Each 25-foot section will count as 1 rep.
 - The dumbbells must be held in the hang position.
 - Gymnastics grips are not allowed during this workout.
- After completing the second 25-foot section, leave the dumbbells, and move to the handstand push-up station.
 - The dumbbells **CANNOT** be placed behind the handstand push-up tape line.
- Complete 2 handstand push-ups, then return to the lunge.
- After completing the second lunge, return for 4 handstand push-ups.
- Continue in this fashion for 10 minutes, adding 2 reps to the handstand push-ups after completing each set of lunges.
- Your score will be the total number of reps completed within the 10-minute time cap.

NOTES

- For safety, the dumbbells **CANNOT** be placed behind the handstand-push-up tape line.
- Each 25-foot section of lunging counts as 1 rep.
 - If time-capped in the middle of a section, that section does **NOT** count toward your score.

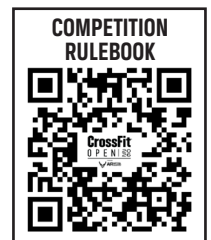
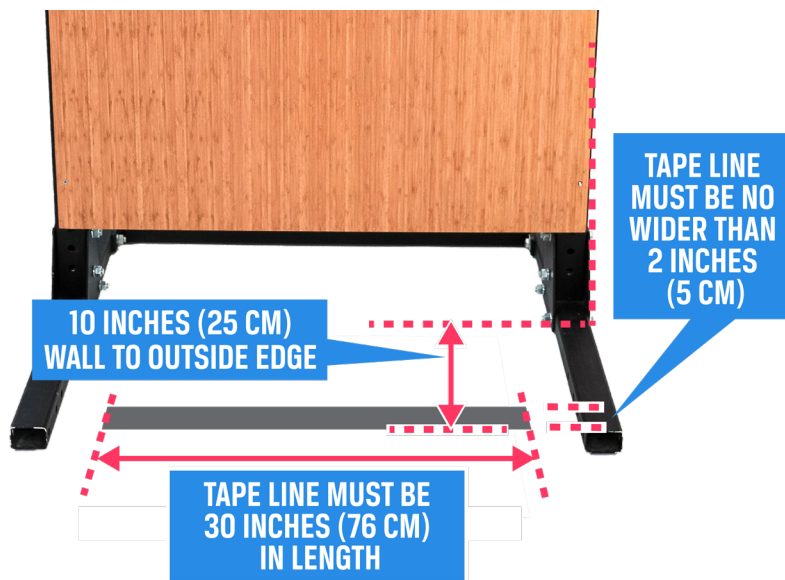
TIEBREAK

- A tiebreak time will be taken after each set of lunges.
- Your **LAST COMPLETED** set of lunges will be your tiebreak time.
- In the event of a tie on total reps completed, the athlete with the faster tiebreak time will win.

EQUIPMENT

- Dumbbells
 - If using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches in diameter). Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.
- Tape **MUST** be used to indicate the beginning and end of the lunge and the handstand push-up hand position.
- Handstand push-up wall
 - Set up a 30-inch tape line 10 inches from the wall to the outside edge of the line.
 - If the head and hands are on different surfaces, the surfaces must be level (e.g., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).

Refer to APPENDIX D in the [2026 CrossFit Games Rulebook](#) for complete equipment details and video submission standards.



PENALTIES

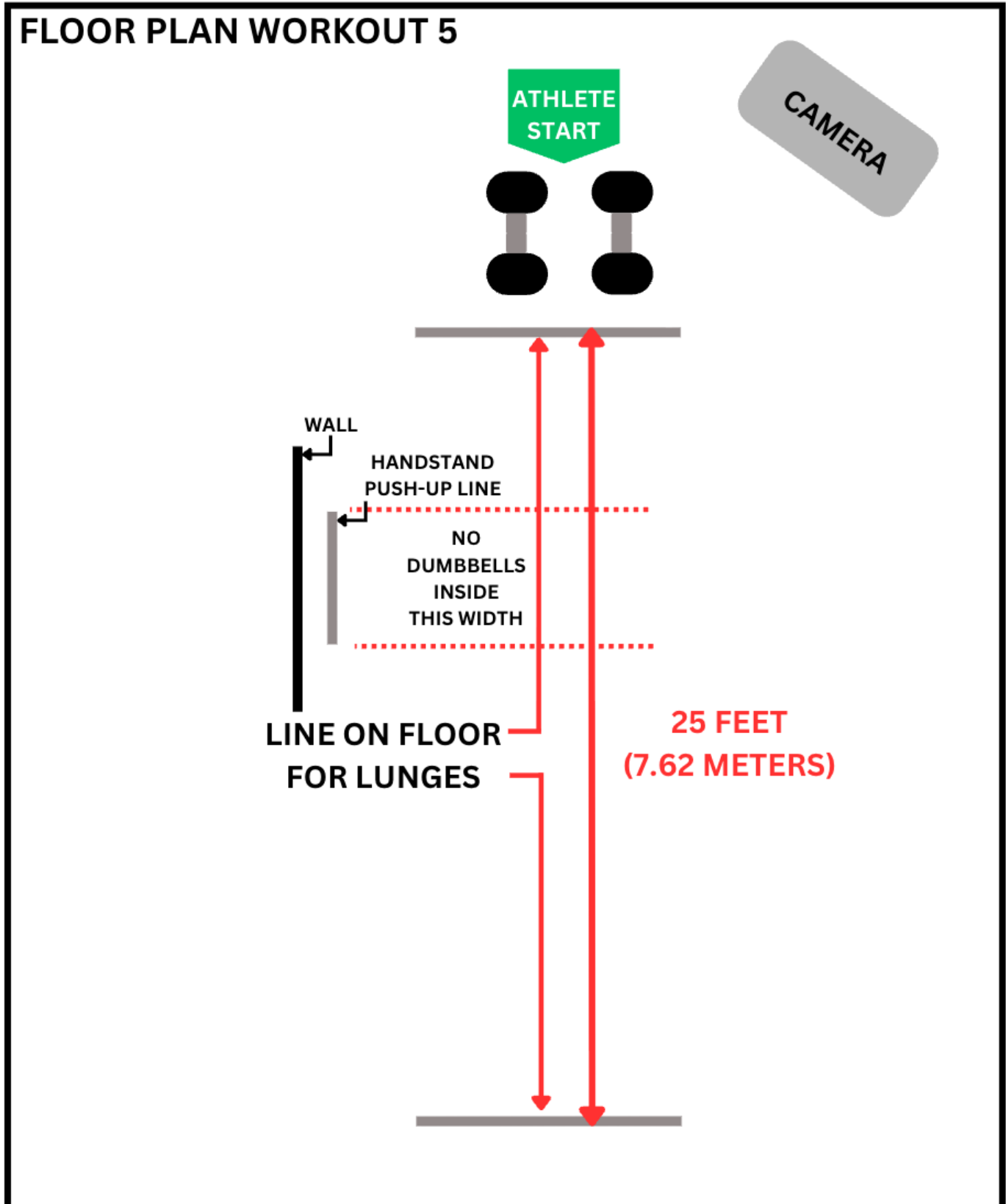
Penalties may be applied to the athlete's total score if CrossFit HQ conducts a review of your video. CrossFit will review videos that receive significant public downvotes.

- The following penalties will be applied to the athlete's score:
 - False start, moving to touch the dumbbells before "go" = 1-rep penalty
 - Dumbbell walking lunge no-rep = 1-rep penalty
 - No-rep on handstand push-ups (to include being blocked from the camera) = 1-rep penalty
 - Receiving any assistance with equipment = 1-rep penalty per instance
- If an athlete advances before completing the specified number of reps or meters/cals, their score will stop at the last correctly completed rep.
 - Example: The athlete is required to do 10 reps, but moves on at Rep 7. The athlete's score will be 7, regardless of the total number of repetitions completed after moving forward incorrectly.
- Editing a video submission in **ANY** way (to include adding a clock) may result in a 0 score, invalidation, or further sanction.

See Section 4, "Online Semifinals," in the [2026 CrossFit Games Rulebook](#) for video review penalty information.

The floor plan below is one option based on the **REQUIRED** 25-foot distances.

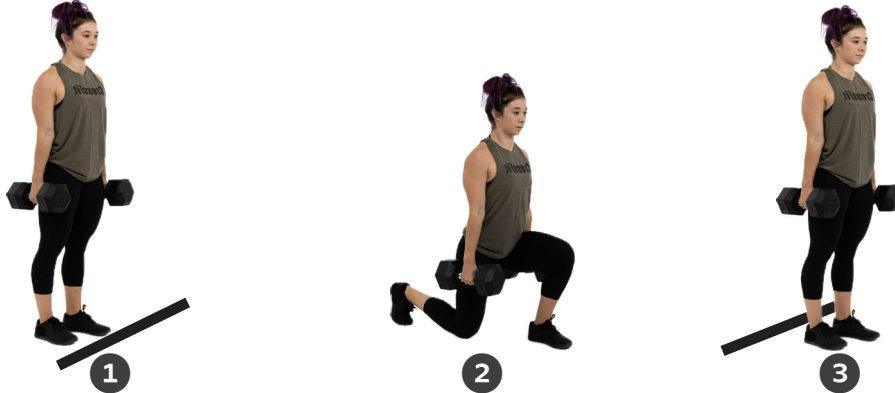
Any floor plan that allows for the 25-foot distances and full video-capture of each movement may be used.



MOVEMENT STANDARDS

DUMBBELL WALKING LUNGE

REQUIREMENTS



1. Start with both feet behind the start line with the dumbbells in the farmers-carry position, the feet together, and the hips and legs extended.
2. The trailing knee must make contact with the ground at the bottom of each lunge before returning to full hip and leg extension.
 - Stopping with both feet together at the top of each rep is not required, but both legs must be fully extended if the athlete chooses to step through at the top.
 - There is NO requirement to alternate feet after each step.
3. The rep is credited when:
 - Both feet are clearly over (not on) the line.
 - The dumbbells are in hand.
 - The hips and knees are fully extended.

Each 25-foot section is a single rep. If athletes receive a no-rep or put the dumbbells down, they must return to the side of the lunge they started on, and begin that 25-foot section again.

NOTES:

- Athletes may put the dumbbells down at any time after a rep is completed.
- All lunges must be clearly visible on camera.
- Gymnastics grips are **NOT** allowed.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Not touching the knee to the ground.

✗ Stepping on the line, not over it, at the end of the section

✗ Not reaching full hip and/or knee extension at the top of any step

ADDITIONAL:

- ✗ Dropping the dumbbells before reaching full extension of the hips and knees after both feet are over the line.
- ✗ Wearing multiple layers of knee sleeves or additional equipment, such as volleyball knee pads, that reduce range of motion is **NOT** permitted.

MOVEMENT STANDARDS

STRICT HANDSTAND PUSH-UP

REQUIREMENTS



1. Each rep begins and ends in the lockout position with:

- Both hands touching the tape line. Any portion of the hands may be touching the line (fingers **OK**).
- Heels against the wall.
- Both arms fully extended and shoulders in line with the body. The arms must be fully extended and in line with the body before descending.

2. At the bottom, the head must make contact with the ground.

- The head does **NOT** need to touch the tape line.

3. Each rep is credited when the athlete returns to the lockout position with:

- Heels on the wall.
- Arms, hips, and legs fully extended.
- Shoulders in line with the body.

NOTES:

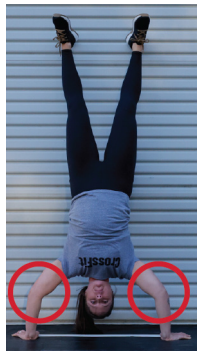
- The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.
- Dumbbells **MUST** be outside the width of the handstand push-up area.

COMMON NO-REPS

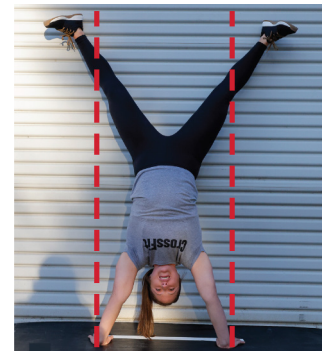
NOTE: This list is not exhaustive.



- ✗ One or both hands coming off the designated tape line at **ANY TIME**.



- ✗ Not reaching the correct finishing position:
 - Arms not extended.
 - Hips not extended.
 - Shoulders not in line with the body.



- ✗ Any part of the foot wider than the width of the hands at lockout.

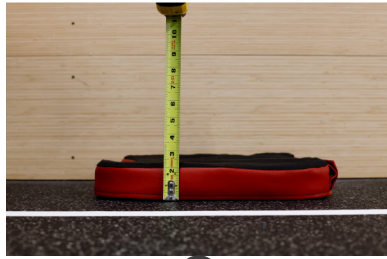
ADDITIONAL:

- ✗ Kipping or any assistance with the hips/legs.
- ✗ Any reps performed with the dumbbells within the handstand push-up area.

MOVEMENT STANDARDS

STRICT HANDSTAND PUSH-UP TO A RISER (♀ 60-64 and ALL MASTERS DIVISIONS 65+)

REQUIREMENTS



1



2



1. Set up a 2-inch riser as shown.
2. The start and end positions are the same as described for the handstand push-up.
 - The athlete must touch their head to the riser before returning to the finish position.

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✘ Using a riser greater than 2 inches.
- ✘ Any of the no-reps outlined in the strict handstand push-up section above.

SHOP ROGUE GEAR



WORKOUT 5

As many reps as possible in 10 minutes of:

50-foot dumbbell walking lunge
2-4-6-8-10, etc. strict handstand push-ups

♀ 35-lb (15 kg) dumbbells
♂ 50-lb (22.5 kg) dumbbells

Time cap: 10 minutes

WORKOUT VARIATIONS

16-54 age-group divisions:

♀ 35-lb (15 kg) dumbbells
♂ 50-lb (22.5 kg) dumbbells

14-15 age-group divisions:

♀ 20-lb (10 kg) dumbbells
♂ 35-lb (15 kg) dumbbells

55-59 age-group division:

♀ 20-lb (10 kg) dumbbells
♂ 35-lb (15 kg) dumbbells

60-64 age-group division:

♀ 20-lb (10 kg) dumbbells, 2-inch riser on handstand push-ups
♂ 35-lb (15 kg) dumbbells, no riser

65+ age-group divisions:

♀ 20-lb (10 kg) dumbbells, 2-inch riser on handstand push-ups
♂ 35-lb (15 kg) dumbbells, 2-inch riser on handstand push-ups

50-FOOT DUMBBELL LUNGE	1	2	
2 HANDSTAND PUSH-UPS			4
50-FOOT DUMBBELL LUNGE	5	6	
4 HANDSTAND PUSH-UPS			10
50-FOOT DUMBBELL LUNGE	11	12	
6 HANDSTAND PUSH-UPS			18
50-FOOT DUMBBELL LUNGE	19	20	
8 HANDSTAND PUSH-UPS			28
50-FOOT DUMBBELL LUNGE	29	30	
10 HANDSTAND PUSH-UPS			40
50-FOOT DUMBBELL LUNGE	41	42	
12 HANDSTAND PUSH-UPS			54
50-FOOT DUMBBELL LUNGE	55	56	
14 HANDSTAND PUSH-UPS			70
50-FOOT DUMBBELL LUNGE	71	72	
16 HANDSTAND PUSH-UPS			88
50-FOOT DUMBBELL LUNGE	89	90	
18 HANDSTAND PUSH-UPS			108
50-FOOT DUMBBELL LUNGE	109	110	
20 HANDSTAND PUSH-UPS			130
50-FOOT DUMBBELL LUNGE	131	132	
22 HANDSTAND PUSH-UPS			154
50-FOOT DUMBBELL LUNGE	155	156	
24 HANDSTAND PUSH-UPS			180

Head Judge _____
Head Judge Name

Reps at 10 Min. _____

Judge _____
Judge Name

Tiebreak Time _____

Athlete _____
Athlete Name

Athlete Signature

Athlete Copy

AGE-GROUP SEMIFINALS WORKOUT 5

Reps at 10 Min. _____

Tiebreak Time _____

Zenni - 10% OFF



CODE CROSSFIT

Athlete Name _____
Print

AFFILIATE _____ Date _____

Judges _____
Head Judge Name Judge Name Judge Signatures

SCAN TO SUBMIT SCORE



2026 CROSSFIT VIDEO SUBMISSION CHECKLIST

- Introduce the Head Judge and Floor Judge prior to the workout.
- Ensure both judges possess the following by searching for each judge by last name (<https://trainerdirectory.crossfit.com/>):
 - L1 Certificate or higher
 - 2026 Judges Course
 - Advanced Judges Course
- State the password and/or show the date and time via time.is.
- Ensure the Floor Judge is visible on camera during the entire workout.
- Film **ALL** competition measurements:
 - Loading of any required equipment.
 - Height/dimensions of any required equipment.
 - Distances between equipment.
- Use the camera placement provided in the floor plan. Place the camera at least 3 feet off the ground.
 - The camera **MAY** be moved in order to show all movements, provided the athlete remains in frame when performing work.
 - Ensure the floor judge is visible on camera but does not obstruct the view of the athlete.
 - Ensure the athlete is shown from the required angle(s).
- Videos must be uncut and unedited. Using multiple cameras is not allowed. Videos shot with a fisheye lens or other effect may be rejected.
- A clock or timer must be visible throughout the workout. Do **NOT** use a countdown timer.
- Review the quality of your video submission on YouTube prior to submitting the link with your score.
- Submit a working YouTube link at the time of your score submission.